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Man in hospital after a.m. blaze

RESCUE A man suffered second-degree burns and smoke inhalation in an early morning fire just west of downtown yesterday.

At 3:34 a.m., firefighters were called to the Julian Apartments at 5 Julian Ave., where there was a fire in a fourth floor apartment, said Ottawa Fire District Chief Lyle Fraser.

Paramedics treated one man for second-degree burns to the back of his arms, and smoke inhalation. He was taken to hospital where he was in stable condition, said Ottawa paramedic team leader Jean Hamel.

Paramedics also rescued a cat from the apartment building and treated it for smoke inhalation before taking it to the animal hospital.

TRACEY TONG/METRO OTTAWA

RON SACHS/POOL/GETTY IMAGES

U.S. President Barack Obama gestures to his family on the South Lawn of the White House yesterday in Washington, D.C., after arriving from Chicago aboard the Marine One helicopter. The Obamas spent Presidents Day weekend at their home in Chicago. The president is set to be in Ottawa on Thursday.

Obama's Ottawa

TIM WIECLAWSKI
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It's just a quick, half-day business trip — a courtesy call stopover to the neighbours' office.

But that won't stop thousands of people from lining the streets on Thursday to welcome U.S. President Barack Obama to Ottawa.

"We're not going to be meeting him, that's fine," said Rachel Decoste, a local Obama supporter who has been helping to co-ordinate public events planned for the visit. "At least he'll know that he is welcome here and people support him."

Decoste said she knows of several buses bringing people in from Toronto, southern Ontario and Montreal for Obama's visit. Some people are even flying in from Halifax even though they may only get his motorcade at best.

"With a warm welcome, he for sure will want to come back," said Decoste, "and maybe he'll bring Michelle next time."

During the visit, Decoste said Obama supporters would be crowding into designated areas on Parliament Hill and Wellington Street cheering and chanting slogans like, "Yes We Can-ada!"

On Wednesday night, before the visit, the green-advocacy group Environmental Defence is hosting "An Evening of Obama" at the Metropolitain Brasserie on Sussex and Wellington streets.

Aaron Freeman, ED policy director, said the event is intended to be a lighthearted welcoming event for "politicos" excited about the visit.

"We're pretty happy about Obama's environmental leadership. We think that provides a model for other countries including Canada," he said.

To coincide with the president's visit, Sierra Club Canada is hosting a free anti-tar sands film festival, at Alumni Theatre in the Jock Turcot University Centre on Thursday afternoon.

A prayer and rally by Canada for Obama is planned for the First Baptist Church on Laurier at 1 p.m. on Thursday.

Ottawa poet Oni, the Haitian Sensation will be performing a poem that she was commissioned to write for the visit.

"He represents so many positive things. I wish he could be cloned in Canada for Canadians politics," she said. "I hope that with the enthusiasm that is felt here, he decides to speak to the people in Ottawa."

Police warn vigilance as girl escapes would-be abductor

INVESTIGATION Ottawa police are investigating after an attempted abduction in the city's west end Sunday.

At about 3:45 p.m., an unknown male approached a girl — about 10 years old — who was walking alone in the area of Somerville Avenue and Hollington Street.

The suspect allegedly grabbed the girl from behind and placed her in his vehicle. She was able to free herself and police were contacted.

Police are warning the public to be vigilant, said Ottawa police Staff Sgt. John McGetrick yesterday.

The suspect is described as a white male, about six feet tall with a medium build. He was wearing dark clothing and a black balaclava over his face. He was driving a blue van with windows on the rear, but no windows on the side. Contact the Ottawa Police Sexual Assault/Child Abuse Unit at 613-236-1222 ext. 5944 or Crime Stoppers at 613-233-8477 (TIPS), with information.

TRACEY TONG/METRO OTTAWA

ShareYourViews
ottawaletters@metronews.ca

Riding the Recession

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Style
- **Beauty tips on how you can save money while still looking like a million bucks, pg 11**

Entertainment
- **Designer Donna Karan offers her recession mantra, pg 13**

This week
- **Food — Local meals for a steal**
- **Style — Looking on the bright side of fashion during New York Fashion Week**

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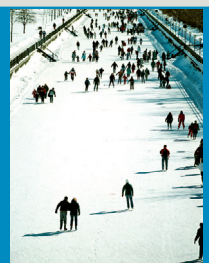
BEAUTY *at the Bay*

City honours its architectural heritage today
It's Heritage Day! Deputy Mayor Marianne Wilkinson will recognize the importance of preserving our architectural heritage as she proclaims Heritage Day in Ottawa at noon today in Jean Pigot Place. The celebrations will also recognize the 150th anniversary of the Village of Manotick, founded by Moss Kent Dickinson in 1859. METRO NEWS SERVICES

Local



City back on ice

The city has reopened its outdoor skating rinks after a temporary closure last week. Warm temperatures made ice skating conditions unsafe and detrimental to the maintenance of ice surfaces. METRO OTTAWA

Guarding the Snow Angels

Frosty event highlights need for foster parents in region

TRACEY TONG
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She is now outgoing and happy, but Jessica Cunliffe says her life wasn't always so good.

Her mother died when Cunliffe was 12 years old. But then she met Linda Cherry.

"She saved my life," said Cunliffe, now 19. "If it wasn't for her, I probably would be out on the street."

With tears in her eyes, Cherry recalled meeting Cunliffe as a young teen.

"When she came to me six years ago, she was broken," the Ottawa foster mother said.

The pair, along with Cherry's four other foster daughters, attended the second annual Foster a Snow Angel event on Parliament Hill yesterday to raise awareness of the need for more caregiver families for children and youth in care.

"You have no idea what you get back," said Cherry, a former child and youth worker. "I learn from these children every day.

"The love you get back is unconditional," Cherry added. "To see these kids grow and flourish is something else. You get back a hundred-fold."

TIM WIECLAWSKI / METRO OTTAWA

Linda Cherry traces a snow angel around her foster daughter Jessica Cunliffe, 19, on Parliament Hill yesterday at an event to raise awareness of the need for foster families in eastern Ontario. Cunliffe is one of five girls that Cherry is fostering.

Cherry said she wants to encourage others who have been thinking about fostering to do it.

There are a lot of people out there who "have big hearts," but aren't sure that they can be foster parents, she said.

"If you have the heart, the understanding, and a little bit of patience, you can do it," she said.

Dozens of foster families and their children from all over eastern Ontario attended the event.

> **"To see these kids grow and flourish is something else. You get back a hundred-fold."** Linda Cherry

"This is about bringing awareness to the need for more foster families in eastern Ontario," said Children's Aid Societies of Eastern Ontario spokeswoman France Clost. "If we can get one family to come forward, it's worth it."

On any given day, there are 1,100 foster families for 3,200 children in care in eastern Ontario.

Currently in Ottawa, there are 200 foster families and 800 children in care, Clost said, adding that the number of foster parents in Ontario is shrinking as people retire.

Soccer stadium or CFL arena? City may decide by April 22

TIM WIECLAWSKI
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Whether Ottawa builds a soccer stadium in Kanata or renovates the football stadium in the Glebe could be decided by April 22.

Senators Sports and Entertainment is proposing an outdoor stadium adjacent to Scotiabank Place to accommodate a Major League Soccer franchise.

> **"(MLS is) going to have a hard time if the team is not winning."** Andrew Major

Meanwhile, the Ottawa Sports and Entertainment Group hopes to put a Canadian Football League Franchise in a redeveloped Lansdowne Park location.

It's unlikely the city can afford to build both, but each say they will be awarded a franchise as soon as they can confirm that they will have a stadium.

However, for many Ottawa sports fans, a soccer stadium at Lansdowne Park seems to be the preferred option.

"The CFL has tried and failed several times, I'm not sure what would be different this time," said John Greer, who believes a stadium centrally located in the city, like at Lansdowne Park, makes more sense.

Andrew Major said another sports team out in Kanata is absolutely ridiculous.

"You're not going to get walk-in tickets," he said. "They are going to have a hard time if the team is not winning, there is not going to be the support. That's a problem that's plagued Ottawa in the past."

On Feb. 19, a Corporate Research Group report will be released detailing the need for sports and entertainment facilities in Ottawa and on the evaluation of 23 stadium sites in the city.

The report would be tabled at the city's planning committee on Feb. 24, and will be considered on March 10. Full city council would consider it the next day.

An analysis of both stadium proposals from both a land use and business plan perspective would be presented at a special council meeting on March 25.

After a joint planning and finance committee meeting on April 7 hears public delegations, city council would then likely endorse one of the proposals at the next regular meeting on April 22.

Family Day draws parents and kids outdoors

TRACEY TONG
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On what would have been a regular rushed Monday afternoon in downtown Ottawa, hundreds of families were making the most of a balmy winter day — without work.

If it wasn't for the Family Day long weekend, Toronto resident Jean Chan said she probably wouldn't have made the trip to the capital at all.

"We checked out the ice sculptures in (Confederation Park), saw some family friends and will probably do some shopping at the (Rideau Centre) before we head back," she said.

When she learned that the museums were all open yesterday, she said the family might head there too.

> **"This is a rare, rare luxury. The kids are very excited about Family Day. It's not often we get the day during the week."** Kim Stewart, mother and Orleans resident

"It's really nice to have the bonus day off."

Aneta Ristic and her husband, Dragan, had the day off, too, but only because they booked it off.

Both federal government employees, the Ottawa couple decided to take the day off because their son's caregiver wasn't working.

"We were fortunate we could get the day," Ristic said. "But it looks like a lot of people have to go to work."

Orleans resident Kim Stewart got a rare weekday off from her job at a pharmacy to spend with her three children, but her husband wasn't as lucky.

Stewart brought Christian, 11, Jake, 7, and Nate, 1, to visit him at work downtown before heading to Parliament Hill for an afternoon of outdoor fun.

"This is a rare, rare luxury," said Stewart. "The kids are very excited about Family Day. It's not often we get the day during the week."

Weekends are hectic, and usually spent playing catch-up, she said.

Nancy Martin, who was downtown with her husband and their five children yesterday, said she was disappointed that there weren't more outdoor activities for children.

"I was expecting more families here," she said. "And I thought the city would have planned something."

Although it's nice to see families enjoying themselves, Family Day isn't inclusive enough, said Jen Barnwell, who didn't get the day off.

"I think most of the city is working, especially in a government town like this," she said.

News in brief

TRANSIT Free rides on OC Transpo are over for weekday transit users. Although there won't be any more free rides Monday to Friday, weekends will still be free for the rest of February. Riders during the week can take advantage of half-price cash and ticket fares until the end of the month. Discounts will be offered on regular passes until the end of March.

FOOD A culinary superstar who's known for pushing the limit in the kitchen has been appointed the new executive chef at the National Arts Centre. Chef Michael Blackie is leaving the Brookstreet Hotel in Kanata after six years. He'll begin his new job on March 6.

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WHAT'S ONLINE TODAY

Video New Brunswick crash kills RCMP officer and his two young children at **metronews.ca/canada**

Immigration Guidy Mamann on the complications of sponsoring a foreign fiancée at **metronews.ca/live**

Lotteries

Ontario Pick 3: 1 3 6; **Ontario Pick 4** : 7 2 7 7
Encore: 7159852
Daily Keno: 4, 7, 8, 17, 18, 19, 20, 21, 31, 35, 37, 40, 44, 46, 48, 54, 56, 58, 59, 70
These results are not official.

Crash claims RCMP officer, children
An accident Sunday night on Highway 7 between Saint John and Fredericton, N.B., claimed the lives of an off-duty RCMP officer and his young son and daughter. The RCMP have identified the victims as Const. Jason Porter, a 31-year old member of the RCMP, his daughter Hannah, 5, and son Jack, 2. CBC NEWS ONLINE

Canada

NATO's existential crisis

The struggling effort to defeat the Taliban and bring security to Afghanistan means it is time for a "frank discussion" about the future of NATO, Defence Minister Peter MacKay, left, said yesterday. In comments that are likely to aggravate some NATO partners, MacKay said that all alliance members needed to pull their weight otherwise the 60-year-old security pact faced an existential crisis. REUTERS

News in brief

BEAR SPRAY Several people are facing charges after allegedly using a can of bear spray to settle a fight in a McDonald's restaurant in Nanaimo, B.C. The incident began as a fight in the restaurant lineup around 7 p.m. Sunday, said Nanaimo RCMP. About 20 people were taken to hospital for further treatment. CBC NEWS ONLINE

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Afghan war pushing army to the limit, general says

Canada's army is being pushed to the limit by the strains of keeping a 2,700-strong military mission in Afghanistan and the force will need at least a year to recover once the troops return on schedule in 2011, a top army commander said yesterday.

"Just about every soldier in the army ... is intimately involved in the Afghan mission."
Lt.-Gen. Andrew Leslie

Lt.-Gen. Andrew Leslie also told Reuters that he had heard nothing either officially or unofficially to substantiate media rumours that some of the troops would stay in Afghanistan after 2011.

Canada has a regular army of just 22,000 soldiers with a similar-sized force of reserves, half of whom serve part-time. Leslie said men and equipment in Afghanistan were wearing out fast and likened his job to juggling a chain saw.

"We are at the limit ... we are now sending senior non-commissioned officers and officers back for their fourth tour," he said during an interview at defence headquarters.

"Our equipment is going to have to be reset, just like our soldiers have to be reset at a certain time."

Leslie said that once the troops had returned, it would take between 12 and 16 months to restore the army's full fighting capability.

Canada's soldiers are based in the southern city of Kandahar, capital of a region that is the heartland of the Taliban. There are clashes with militants every day and so far 108 Canadian soldiers have died.

The mission comprises 2,500 soldiers with around 200 personnel helping maintain a fleet of helicopters.

Leslie said the demands on the army were far greater than just the 2,500 troops in Afghanistan. The cycle of rotation meant that for every group in Kandahar, there were 2,500 troops who had just left, 2,500 who were waiting to deploy and 5,000 in various stages of training.

"Just about every soldier in the army in one way, shape or form is intimately involved in the Afghan mission," he said. REUTERS

Boy, 4, survives gang-style attack; woman does not

JEFF HODSON
Metro Canada

B.C. A four-year-old boy was taken to hospital apparently uninjured after surviving a gang-style shooting in a suburban Surrey, B.C., neighbourhood yesterday that left a woman dead.

The murdered woman was driving an off-white Cadillac coupe southbound through the intersection of 148th Street and 96 Avenue at 10:30 a.m. when she was shot and killed.

JEFF HODSON/METRO CANADA

Homicide investigators examine an off-white Cadillac coupe yesterday after its driver, an unknown woman, was shot and killed as she drove through an intersection in Surrey, B.C.

Cpl. Dale Carr, a spokesman for the Integrated Homicide Investigation Team, called the attack "horrific" and "beyond comprehension."

"We don't know whether the shots came from another vehicle or if it was someone laying in wait, or what," Carr said.

The vehicle continued south on 148th Street about a half block listing to the left and came to a rest in a driveway, against a cedar hedge. At noon yesterday, a yellow tarp was draped over the vehicle's windows.

Investigators, he said, did not know the identity of the woman, nor her relationship to the boy.

"First and foremost is the care of the child," Carr said. "We're going to take him to the hospital and ... confirm that the child did not take any physical injuries."

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Mugabe buys $5.6M home in Hong Kong
Zimbabwean President Robert Mugabe has bought a $5.6-million US, three-storey home in a walled and gated complex in an exclusive area of Hong Kong, Britain's Sunday Times reported. The paper noted it's one of several properties the Mugabes own in Asia, but it is the first to be documented. REUTERS

World

No protectionism: Pelosi

U.S. House Speaker Nancy Pelosi defended the United States and its "Buy American" provision in its $787-billion US stimulus plan during a trip to Italy yesterday. Amid accusations of protectionism, Pelosi said the U.S. appreciated the value of global trade as a motor of economic growth, and that looking out for the interest of American workers wasn't protectionism, but rather "what any country would do for its workers." REUTERS

'War on terror' has eroded human rights, experts tell UN

Washington's "war on terror" after the Sept. 11 attacks has eroded human rights worldwide, creating lingering cynicism that the United Nations must now combat, international law experts said yesterday.

Mary Robinson said the United States caused harm with some of the ways it responded.

"Seven years after 9/11 it is time to take stock and repeal abusive laws and policies," the former Irish president and former UN human rights commissioner said, warning that harsh U.S. detentions and interrogations in the Middle East sent a dangerous signal to other countries that could easily follow suit.

While U.S. President Barack Obama has announced he will close Guantanamo, Robinson said sweeping changes needed to take place to ensure Washington abandons its "war paradigm."

Arthur Chaskalson, former chief justice of South Africa, said such practices could further restrict liberties if they are not confronted head-on. "If nothing happens, we will have even less," he said. REUTERS

The report

- An International Commission of Jurists report found many undemocratic states have referred to U.S. counterterrorism practices to justify their own abuses.
- It recommends more abuse monitoring and assistance to countries to target rights violators.

Athens **An artist's rendition**

YIORGOS KARAHALIS/REUTERS

Body-painted performers stand in formation to depict the face of U.S. President Barack Obama during The fall of Athens performance by Swiss artist Dave at Filopapou hill in Athens yesterday. The ceremony was part of the Art Marathon, which will be travelling around the globe until December 2050.

Brit, French nuclear subs collide

COLLISION Two nuclear-armed submarines from Britain and France collided in the Atlantic Ocean earlier this month, but there were no injuries or radioactive leaks, naval officials said yesterday.

Analysts said a major disaster could have resulted had the underwater collision ruptured the hulls, set off conventional ammunition or started a fire, although the chances of a full nuclear explosion were virtually nil.

The British navy maintained there was no damage to both vessels' weapons, but media reported both subs had to return to base for repairs. Both navies had no explanation for how the crash happened. REUTERS

News in brief

PAKISTAN The Taliban and Pakistan have agreed to a ceasefire in the Swat valley. As part of the terms, Islamic, or Shariah, law will be restored.

GERMANY Two masked kids pretending to be elite military soldiers triggered a police operation after residents reported the "dodgy-looking figures."

RUSSIA The economic crisis has sparked a wave of violent crime in Moscow, the chief prosecutor said, as murders and fatal assaults rose. REUTERS

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Comment & Views

Comment

All hell won't break loose when Obama arrives

NationalReport

One of the more saucy stories from the annals of foreign leaders visiting Canada came back in the Diefenbaker era when the notorious Congo leader Patrice Lamumba made an Ottawa stopover.

Back then Canada had a highly religious and somewhat naive external affairs minister in Howard Green. Lamumba had a meeting with him and asked at the close of it if Green could arrange for a girl to be sent over to his Chateau Laurier suite.

Not aware of Lamumba's reputation as a fornicator of some renown, Green thought he meant a stenographer. Yes, of course, he could do that, he replied. The next day an unsuspecting typist was sent over to the Chateau. She entered the Congo leader's room — and all hell broke loose.

The late Dean Rusk, secretary of state in the Kennedy administration, told me that story. He was trying to illustrate Canadians were sometimes innocents on the world stage. As an architect of the Vietnam war, he might have known all about the pitfalls of being naive. So might the most recent Bush administration.

Vietnam and Iraq were two wars which made relations between presidents and prime ministers difficult at best. U.S. President Barack Obama's visit here Thursday provides an opportunity to set aside differences and re-establish harmony between the two countries.

Canadians at this point see eye to eye with the new American president more so than with their own leader, Stephen Harper. The Conservative PM will be sure to bear this in mind. He has just had to bring in a liberal budget. Now he's going to have to all but fall at the feet of a liberal president. To do otherwise would hardly benefit his public standing.

That means you won't see any big disagreements between the U.S. president and the prime minister Thursday in what will be a short, businesslike meeting. On the economy, on energy, on the environment and on Afghanistan, there is plenty of room for discord. In terms of the chemistry between the two men, all is not the most promising either. One is dour and conservative. The other is eloquent and liberal.

But the times and circumstance require they find common ground. And so they will — at least for the time being. More awkward moments for the prime minister will be certain to come. One will be when liberal soulmate Michael Ignatieff, who has close contacts in the Obama camp, travels to Washington later this year for a lengthy and most friendly get-together.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Ducks just tip of toxic tailings iceberg

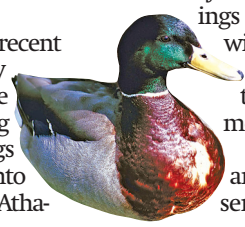
Simon Dyer
Pembina Institute

The recent decision by the governments of Canada and Alberta to charge Syncrude for the death of 500 waterfowl on a tailings pond confirms the seriousness of the environmental challenges facing the oilsands.

Sadly, the ducks are just one of a litany of growing environmental problems. In many ways, the heated debate about the magnitude of potential fines faced by Syncrude and ways to stop birds from landing in toxic waste is clouding a much more important issue — the absence of solutions to deal with the tailings ponds themselves.

Tailings ponds include leftover bitumen, diluents such as naphtha, and toxins including naphthenic acids, phenolic compounds and ammonia. The oilsands industry produces tailings at a staggering rate. Between the time you read this and Syncrude's court date March 25, oilsands companies will have produced another 2,952 Olympic-sized swimming pools of liquid waste. This means everyday another 82 Olympic pools of toxic tailings are created.

More alarmingly, a recent report using industry data calculated more than four swimming pools of toxic tailings leak from the ponds into groundwater and the Athabasca River every day. Government cannot or will not release actual seepage data.

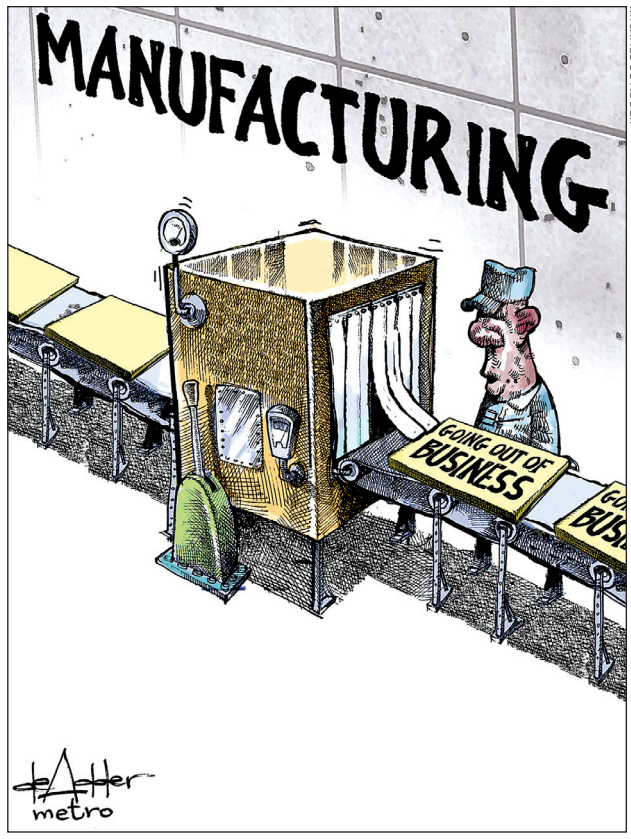


Tailings lakes already cover 130 square kilometres of northern Alberta, an area larger than the city of Vancouver. These should not have been allowed to expand before industry demonstrated it could clean up the mess.

Last week, the Alberta Energy Resources and Conservation Board released a directive that acknowledged operators have failed to properly reclaim 40 years of toxic tailings waste. Time will tell if the days of voluntary management are over. If Canada and Alberta are serious about dealing with this toxic liability, we need to prohibit the creation of new tailings ponds and halt new project approvals until companies with existing oilsands projects can demonstrate ways to extract bitumen without this harmful byproduct.

Government must decide if charging Syncrude is about creating the illusion of action for the benefit of U.S. President Obama, or if they really want to reform the way oilsands are developed. Shedding the dead ducks image and dirty oil tag will require serious changes, not just Band-Aid remedies.

Simon Dyer is Oil Sands Program Director with the Pembina Institute in Calgary. The Institute's reports on the impacts of oilsands are available at oilsandswatch.org



MICHAEL DE ADDER

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Canadians sell foreign securities for fourth straight month
Canadian investors sold $6.4 billion of foreign securities in December, the fourth month in a row that they have repatriated funds, Statistics Canada said yesterday. Canadian divestment of foreign equities and bonds picked up sharply in the fourth quarter of 2008 as the global crisis worsened. REUTERS

Business

Russia's richest man

Russia's most eligible bachelor, outspoken and controversial billionaire Mikhail Prokhorov, is now the country's richest man with a $14.1-billion US fortune, the latest rich list from popular business magazine Finans showed.

REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Software the focus for mobile competitors

Telecom industry leaders including Nokia, China Mobile and Microsoft raced to announce online software stores yesterday in a drive to find new sources of revenue and please consumers.

The success of Apple's AppStore, which lets iPhone users download thousands of small software programs to personalize the way they play games, listen to music or find directions, has inspired admiration and envy in many of its rivals.

As phone makers and carriers rack their brains for ways to stimulate demand and differentiate themselves in a depressed market, the value of software that is easy and inexpensive to access and quick to respond to trends has come to the fore.

The industry is also embracing open operating systems such as Google's Android and the LiMo consortium's Linux platform, which are attractive to innovative developers, at this week's Mobile World Congress, the industry's biggest gathering in Barcelona, Spain.

REUTERS

Value

• Research firm Strategy Analytics forecasts the value of the mobile content market will grow 18 per cent to $67 billion US this year.

Canadian factory sales in steep fall

MANUFACTURING The value of Canadian manufacturing shipments plummeted a record eight per cent in December from November in yet another stark sign of how the global crisis is battering Canada.

The drop — the fifth consecutive month-on-month decrease — was far steeper than the 5.3 per cent fall predicted by analysts and was the worst since Statistics Canada adopted its current method of calculating the data in January 1992.

REUTERS

Business in brief

AUTO TALKS Chrysler LLC and the United Auto Workers have made progress in discussions aimed at cutting down debt and operating costs ahead of a deadline today for the automaker to submit a new viability plan, a person briefed on the negotiations said.

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Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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On the web

A reader asks:

Last June, my wife and I closed on a new home purchased in October 2006 for investment purposes. Although our tenant pays all utilities, we have a cash shortfall every month. Should this purchase transaction have been reported in 2006? How much and where on our tax return do we account for the closing cost, new paint, etc.?

MoneyMatters

Henry Choo Chong
choochonghcga@yahoo.ca

• Henry Choo Chong answers this question in his Money Matters column, available online at metronews.ca

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Calling all Shopaholics

SmartCookies

smartcookies.com

This past weekend, women everywhere flocked to theatres to check out the highly anticipated Confessions of a Shopaholic.

If, while watching this movie, you felt like you had missed your casting call, it might be time to look at your own spending.

Now, as self-reformed shopaholics, we know that there are some things that you simply can't live without. But we think that it is all about finding a way to get the must-haves for less.

• Before hitting the malls, begin at home. Clean out your closet and give away (or donate) anything that does not make you feel your absolute best. Better yet, get some honest girlfriends to weigh in on the decision. Next, make a list of the absolute must-haves and when you hit the mall, stick to the list. This will avoid any of those impulse purchases, which shopaholics are known for.

• Make friends with the salespeople — they will tell you when the steals and deals are happening, and sometimes even offer you the discount before the actual sale. Also, check to see if the same stores have a VIP emailing list. If it's an item you must-have, you might as well get it on sale.

• Put your money into long lasting pieces like coats, shoes and handbags. Items like basic T's and skinny jeans can be purchased on the cheap. Ask yourself how much use you will really get from an item, and invest in the things that will last the longest.

Don't buy anything that you don't completely love.

• Instead of shopping at the mall for your beauty products, check out the drugstore. Some of the most popular products can be found at your local drugstore for a lot less — from Maybelline's Great Lash to Oil of Olay's Regenerist, you can literally save hundreds of dollars a year, just by making this simple change.

• Don't buy anything that you don't completely love. Many of us fall into the trap of buying something with the intention of returning it in a few days if we change our mind. Let's be honest, how often does that item ever really get returned? Instead, walk away and think about it. If you are still daydreaming about that dress in a week, you can reassess.

• Lastly, find a friend or family member who wants to be your "in case of (a spending) emergency" buddy. During those moments of weakness when you are tempted to spend on something you know you shouldn't, call your friend and they will remind you of what you'd rather have that money for.

For more money saving tips, tune into season two of the Smart Cookies on the W Network, Monday nights at 10:30 p.m. PST/EST.

If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

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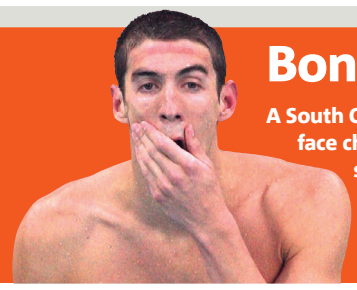
Big Papi believes in big suspensions

Boston Red Sox slugger David Ortiz says players who test positive for steroids should be suspended from baseball for the entire season. The designated hitter says the way to clean up the game is through testing and not by taking players to court. METRO NEWS SERVICES

Sports



Bong-gate comes to a close

A South Carolina sheriff said yesterday swimmer Michael Phelps, left, will not face charges after a photo of the 14-time U.S. gold medallist showed him smoking from a marijuana pipe. Sheriff Leon Lott said that he didn't have enough physical evidence to charge the swimmer, but defended his investigation. Phelps released a statement saying he was glad the matter has been put to rest. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Habs bring back Schneider to fold

NHL The Atlanta Thrashers sent defenceman Mathieu Schneider to the Montreal Canadiens yesterday for draft picks. Atlanta received a second-round pick in the 2009 draft and a third-round selection in the 2010 draft from Montreal. Atlanta also sent a conditional pick in 2009 to the Habs. Schneider, 39, has four goals and 11 assists in 44 games this season. He began his career with Montreal and played on the Canadiens' last Stanley Cup team in 1993. METRO NEWS SERVICES

Sports in brief

GOLF Yesterday's final round of the AT&T Pebble Beach National Pro-Am was cancelled due to rain and Dustin Johnson earned the victory without hitting a shot in the last two days. Canadian Mike Weir finished second. METRO NEWS SERVICES

Senators Five in a row

M. J. MASOTTI JR./REUTERS

Nick Foligno passes the puck behind him as he is checked by Predators defenceman Greg Zanon last night. Ottawa shut out Nashville 2-0 for a fifth straight win.

Trade is all about the summer

The Score

Adnan Virk

adnan.virk@thescore.com

The Toronto Raptors this season have been a flaccid squad that's on pace for an anemic 31 wins. Clearly, change was in order.

And so we have the long gestated trade of Jermaine O'Neal for Shawn Marion officially consummated.

The Matrix Reloaded, on the verge of turning 31, has seen his numbers dip but could showcase some of his explosiveness in an offence that would be more suited to his tastes while playing for a contract as he'll be a free agent in a couple of months.

O'Neal had proved himself an awkward and unreliable fit in Toronto. While giving up Jamario Moon is negligible, having to include a lottery protected conditional first-round pick to come sometime between 2010 and 2015 is no small carrot while accepting Marcus Banks and his inflated contract could be a detriment.

For Banks it's not the Heat, it's the humility-over 4 mil a season for 10 minutes a game? Sign me up!

But ultimately this deal gives Bryan Colangelo the cap flexibility he desperately craved, about 10 or 11 mil this summer depending on how things shake down.

Enough perhaps for a sharpshooter like the Magic's Hedo Turkoglu or if Colangelo chooses, or Marion if he's reborn like Mickey Rourke down the stretch.

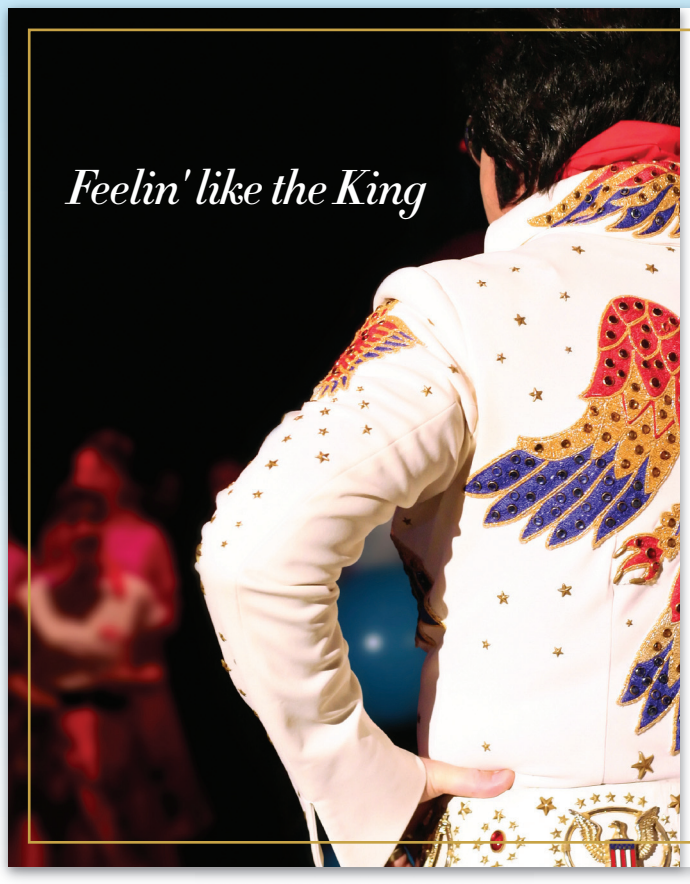
Of course, Anthony Parker, Joey Graham and even Carlos Delfino will all be on the president and GM's radar. To expect this team to contend for a playoff spot down the stretch would be foolhardy.

They'd need to go 17-10, a winning percentage of over .600 after playing under .400, just to get to 38-44, the bare minimum you would think to make the playoffs and earn the dubious distinction of being annihilated by Boston or Cleveland. Of the remaining 27 games, it's true that 11 of those are against teams currently seeded eighth to 13th in the east but don't succumb to the temptation to dream.

This trade leaves me about as unfulfilled as Jessica Simpson being told she can't have any more Twinkies. Wait for Colangelo to really make a move this summer.

Adnan Virk covers the Raptors and everything else for The Score television network.

AIR CANADA VACATIONS



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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Stretching your beauty buck

Tips to extend time between salon/spa visits

JANINE FALCON
for Metro Canada

Coined to refer to a fashionista with mad bargain-hunting skills, the term "recessionista" now includes the smart shopper who knows how to stretch her beauty buck.

Armed with clever ways to extend the time between salon/spa visits, she judiciously swaps prestige for mass, and looks as fabulous as ever without letting on she's pinching beauty pennies. The key, of course, is knowing where to spend and where to save.

For instance, for hair that looks as polished as it does when you leave the salon, you have to spend on quality tools and brushes. Happily, Toni & Guy provides a way to save with new-to-drugstores pro hairdryers and flatirons starting at just $69. To get that shiny smooth finish, you still need to hit a salon or beauty supply store for good boar-bristle brushes, which can cost around $20 or more, but for volume styling, you can pick up Goody velcro-type rollers in various sizes at $3.99 per package.

Riding the **Recession**

And guess what? You can save on hair care products. In the U.S., Pantene did a huge salon challenge in which 3,600 salon-brand consumers did a blind comparison of hair-type specific professional formulas versus the Pantene collections, and 68 per cent of the participants agreed that the drugstore brand was as good or better than the salon products they were using.

While you might like to spend a bit more on your makeup, don't discount drugstore brands. Think two-in-one skincare plus makeup, such as Olay Total Effects with a Touch of Foundation ($24.99).

Toni & Guy Hairdryer, $69.99, and Physicians Formula Organic Wear 2-in-1 Bronzer & Blush, $21.99.

If you're thinking green, try earth-friendly packaged Physicians Formula Organic Wear, which contains certified organic ingredients, is free of harsh chemicals, synthetic colour, fragrance and preservatives, and ranges from $11.99 to $21.99. As for maintaining your $25 manicure, keep polish fresh with home applications of protective top coat, such as Revlon Quick Dry Top Coat ($6.50), and, advises Debbie Trigilidas at Concepts Day Spa Salon in Toronto, Ont., wear rubber gloves to do dishes and chores. You know you can get rubber gloves at the dollar store, right?

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THE CONNECTION BETWEEN GUM DISEASE AND DIABETES

If you looked at all of the people you know, chances are pretty good that every one of us knows someone who suffers from diabetes. In 2005, it was estimated that **5% of Canadians suffered from diabetes.** And we have all heard how **increased levels of obesity and poor diets may be adding to that number.** In the United States, that figure recently rose to 8% of the American population.

Obviously, people who have diabetes have a number of health concerns related to their condition. One of those which may not be discussed very often is **periodontal or gum disease.**

Given that diabetes is the seventh most common cause of death amongst Canadians, it is understandable why its connection with periodontal disease would take a back seat. However, it is a concern that is well worth paying close attention to.

Periodontal disease takes two forms. The first is gingivitis. People with gingivitis may notice increased inflammation in their gums. At this early stage, treatment may involve little more than a professional cleaning, combined with increased vigilance with brushing and flossing. If the condition advances to the **second stage, periodontitis,** problems can be more severe. This stage could actually involve bone loss and it may not be possible to save the teeth.

Dr. Bao Nguyen
Dental Surgeon

People with diabetes are more likely to suffer from gum disease, particularly if they are having trouble managing their condition. Diabetes can slow the circulation of blood throughout the body, including the gums. This makes the **gum tissue more susceptible to the infections that are associated with periodontal disease.**

In addition, the higher glucose levels found in the saliva can help promote the **growth of bacteria** in the mouth. Left untreated, this bacteria could prove to be the building blocks to periodontal disease. **If a person with diabetes is also a smoker,** the likelihood that they might contract periodontal disease increases even more.

We believe that **good oral hygiene is important** for everyone. However, it is that much more important for people with diabetes given their increased risk of contract periodontal disease.

If you have diabetes, or any other health condition, make sure you inform your dentist. As a health care professional, this information is vital to ensure that your dentist is able to **provide you with the quality of health care you deserve**. Without this information, your dentist may not be aware of your increased risk to some oral health conditions.

Informing your dentist about your health can prevent this situation. Providing your dentist with all of the information s/he needs to treat you is a healthy habit…and healthy habits lead to healthy lives.

Dr. Bao Nguyen
- Dental Surgeon

Timberlake tops style list

In March's GQ magazine, Justin Timberlake leads the list of the 10 Most Stylish Men in America for his impact on fashion and helping launch trends like hats, three-piece suits and skinny ties. Where does the singer get his inspiration? From his step-dad, banker Paul Harless. **USMAGAZINE.COM**

Entertainment

Hayek weds

Salma Hayek has married French businessman Francois-Henri Pinault. The Oscar-nominated actress — who has a 16-month-old daughter with Pinault— reportedly tied the knot on Valentine's Day. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

The battle for best song

BRYAN BORZYKOWSKI
for Metro Canada

Most people tune into the Academy Awards for the glitz, glamour and the best picture trophy, but for music lovers the real show is all about best original song.

This year's battle for Oscar is a little less fierce than in past years — two songs penned by Indian-born songwriter A.R. Rahman for Slumdog Millionare are up against a tune by Peter Gabriel from Wall-E — but the songs might be the most interesting to vie for the prize yet.

That's thanks to Rahman, whose songs O Saya, which features Sri Lankan songstress M.I.A. on vocals, and Jai Ho brilliantly fuse American-electro sounds with traditional Indian melodies, a musical combination that's never graced an Academy Award stage.

While it's a good bet one of Rahman's tunes will win, Peter Gabriel's Down To Earth — a fun, but relatively laid-back affair — has history on its side. Some of the more recent winners haven't been boisterous over-the-top tunes like Slumdog's are, but rather quiet, introspective singer-songwriter sounds.

Last year's winner Falling Slowly was a passionate duet by The Frames' Glen Hansard and Czech songstress Markéta Irglová. It was a victory for indie rock fans, but not so much for outside of the box artists.

The 81st Annual **Academy Awards**

Melissa Ethridge, Jorge Dexler, Bob Dylan and Phil Collins have all taken home a trophy too, and while the songs were award-worthy, they all fit a similar singer-songwriter mold.

If it's not guys or gals with guitars (or, in the '80s, pianos), it's ensemble musical numbers. Songs from the Little Mermaid, Fame, Mary Poppins and Dirty Dancing have all won Oscars; the most nominations and wins belongs to Sammy Cahn, a Broadway lyricist. Despite the fact that plenty of the music world's most acclaimed tunes have won best original song (Take My Breath Away, I Just Called to Say I Love you, Que Sera Sera have all been victorious), some of the most memorable winners have come from unlikely artists.

It's hard to forget Three Six Mafia's thrilling 2005 performance of Hustle and Flow's It's Hard Out There For a Pimp. And, although they didn't snag the prize, Beyoncé's pitch perfect, '60s-style pairing with Jennifer Hudson on Dreamgirls' Listen was easily one of Oscars' most memorable duets.

So while Peter Gabriel could follow in the footsteps of many other big name solo artists, Rahman's brilliant fusion of multi-cultural musical styles likely means his name will be called on Sunday.

A pair of tunes from Slumdog Millionaire, above, and one from Wall-E are up for best original song at the Academy Awards.

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Slumdog adds to awards collection
The Oscar frontrunner took top honours at separate awards dinners Sunday hosted by the American Society of Cinematographers (ASC) and the American Cinema Editors (ACE). The ASC award went to Anthony Dod Mantle, while Chris Dickens won the ACE editing award. REUTERS

The DKNY mantra

KENYA HUNT
Metro World News

Donna Karan is more prepared to deal with this economic downturn than most.

"I started my company in one of them," she tells me in her Urban Zen store in New York, which makes a calm, quiet contrast to the busy preparations for the DKNY show happening in her work studio next door.

Incense smoke snakes its way through the air, adding to her image as the fashion world's spiritual queen yogi. But underneath her relaxed, oversized sweater and leotard (she wears one everyday), lies a mogul with a shrewd business sense.

She began honing it early on. Her father was a custom tailor, and her mother a showroom model. "I was brought up on 7th Avenue. It's in my blood. It's in my character and nature," she adds.

Q You've weathered several economic downturns. Have you noticed a difference in how this one is affecting your approach to Donna Karan Collection and DKNY?

Designer Donna Karan is tailoring her fashion philosophy to the needs of the recession.

A I wasn't even aware of it in the process, but you'll see that the fall Donna Karan is very reflective of the collection that I did in 1985. And that will be very obvious to everyone. Meanwhile, DKNY, which just celebrated its 20th anniversary, will be more about sophistication and moving forward. We're catering to another generation.

Riding the Recession

Q For women who are scaling back on their shopping and trying to decide what to invest in, what advice would you give?

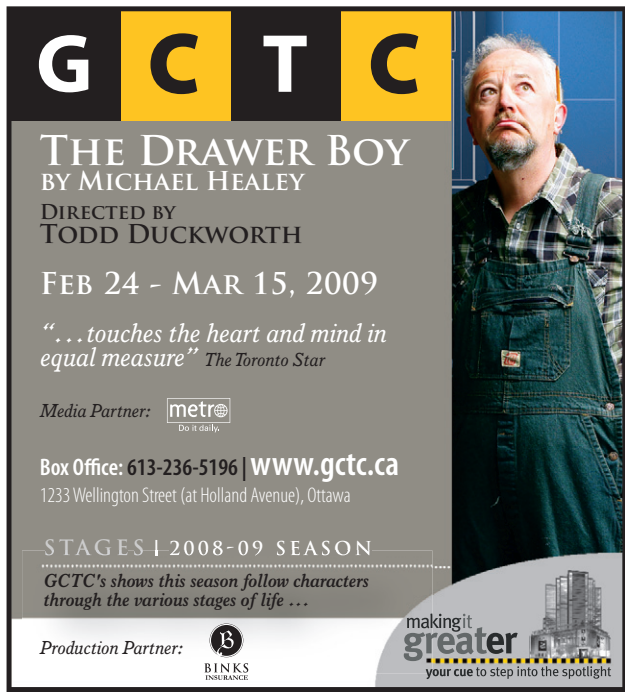
A There has to be an emotional purpose. And you have to think about what is lacking in your wardrobe. Look for things that flatter the body and make you feel good. The minute I put on one of these pieces (motioning to her sweater), it makes me feel good. It's not about the garment, it's about you. But I think that more people should remember the importance of buying in this climate. It's important because you're buying to help another human being, to save a job.

Q Karl Lagerfeld and (Council of Fashion Designers of America president) Steven Kolb said in separate interviews that the good thing about the recession is that it's making the fashion industry scale back and focus on fashion again. Would you agree with this?

A Oh God yes. I think it's a paring down and I think there's an awakening. Things have been so fashion driven. Fashion seems to come and then it feels like last year's fashion.

It's good to get back to an idea of seasonless dressing and allowing the consumer to have clothes with longevity to them, while at the same time giving them a reason to buy.

And teaching the customer that if sales continue the way they are, there will be no industry. This is not something as frivolous as the world of fashion. It's affecting everyone the world over.



NBC show to target war crimes

TV NBC stopped producing episodes of its hit To Catch A Predator series without ever really explaining why.

Was the enormous popularity of the show finally sinking into the heads of would-be sex predators? Or perhaps it had something to do with the settlement of a $105 million lawsuit from the family of Bill Conradt, who shot himself in the head as a SWAT team and host Chris Hansen waited outside his house?

NBC now has plans to launch an even bolder version of the series — targeting war criminals — indicating that the latter theory seems less likely. Unless the network figures that targeting foreign-born individuals is less legally risky than hunting down sex predators.

The planned show is taking some criticism from government officials. The Department of Homeland Security told the New York Times "that a program of this kind could negatively impact law enforcement's ability to investigate and bring cases against the perpetrators of these horrible crimes."

REUTERS

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
2/17/09 primetime	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin		The Street (N)		Stephen Fry in America (N)		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	NCIS "Bounce" (N)		90210 (HDTV)		Project Runway Canada		News (N)
	-	-	5	SRC	Virginie (SC)	La Facture	Providence (N) (SC)		Roxy (N) (SC)	Grosse vie (N)	Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	Cold Case		Law & Order		(10:01) Without a Trace (N)		News (N)
	196	311	7	CTV	Hollywood	etalk	American Idol (HDTV) Twelve semifinalists perform. (Live)				Law & Order: SVU		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)				Law & Order: SVU		News (N)
	117	713	10	TVA	Les Gags (SC)	Star Académie:	La Fièvre de la danse (SC)		La Promesse (HDTV) (N) (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	Catherine (SC)	Piégé Zézé	Dirty Sexy Money (SC)		Men in Trees: leçons		Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Naufragé des dunes		*La Nuit de Varennes* ★★ (1983, Com. dramatique)				Empire
	-	362	13	CBS	Dr. Phil (HDTV)		NCIS "Bounce" (N)		The Mentalist (HDTV) (N)		(10:01) Without a Trace (N)		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		Privileged (HDTV)		Scrubs	Scrubs	Primetime: What Would		News (N)
	115	343	16	CFMT	Two-Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	The Biggest Loser (N)				Ruby	Kimora: Fab	News (N)
	-	361	20	ABC	News (N)	Entertainment	Homeland Security USA		Scrubs	Scrubs	Primetime: What Would		News (N)
	512	396	24	CPAC	(5) Dossier public		L'Heure politique		President Obama Barack Obama en ses propres mots.				Dossier public
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	American Idol (HDTV) Twelve semifinalists perform. (Live)				News (N)		News
	-	-	64	PBS	Business Rpt.	Snowtrails TV	Nova (HDTV) (DVS)		Frontline (N) (DVS)		African American Lives 2		Charlie Rose
	205	312	104	CTV	Hollywood	etalk	American Idol (HDTV) Twelve semifinalists perform. (Live)				Law & Order: SVU		News (N)
news	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		The Third Sex (N)		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		
sports	406	417	27	net	PartyPoker.net World Open IV		Air Racing From Detroit.		Overtime	NHL Hockey Ottawa Senators at Colorado Avalanche. (Live)			
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Buffalo Sabres at Toronto Maple Leafs. (HDTV) (Live)					SportsCentre		That's Hockey!	SportsCentre
	410	403	52	SCR	Cabby Unlimit	Court Surfing NBA news, scores and highlights.					Score Tonight		Hockey Talk
	411	457	56	OLN	Dog: The Family Speaks		Survivorman		Mantracker		Dog: The Family Speaks		Survivorman
	417	406	59	SC	Pimp My Ride	Pass Time (N)	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import	Hot Import	Pimp My Ride
family	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	American Dad	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Adrenaline Proj	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach		Mystery Hnt.
cable variety	570	580	29	MM	mmmtop	Where You At	Popaganda		Gene Simmons	Gene Simmons	Gene Simmons	Gene Simmons	Listed
	615	520	31	A&E	CSI: Miami "Payback"		The First 48 (HDTV)		The First 48 (HDTV)		Manhunters	Manhunters	The Beast
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		Ultimate Knockouts 5		DEA (HDTV) (N)		Real Vice
	521	560	34	TLC	A New Face For Marlie		Jon & Kate	Jon & Kate	17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (N)		Jon & Kate
	145	761	35	TV5	Change	Caméra café	Les Bébés animaux		Nicolas le Floch		Facteur	D'Est en Ouest	Journal TV5
	616	521	39	SHO	The Outer Limits		Mutant X		Testees	Trailer Park	The L Word (N)		House
	620	523	40	BVO	Each Day		Live at the Rehearsal Hall		One Night With Barry Manilow			Side-Dick Dale	Law & Order
	520	505	42	DIS	Daily Planet (N)		How It's Made	How It's Made	Destroyed	Time Warp (N)	Extreme Loggers (N)		Daily Planet
	575	583	43	CMT	Cross Canada Countdown		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Wishes
	601	562	45	SLC	Til Debt-Part	Rich Poor	Trinny and Susannah Undress		Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*Just Cause* ★★ (1995, Drama) Sean Connery.				Steve Harvey	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist		Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Lost "Special"		Star Trek: Voyager		Destination Truth (N)		Stargate SG-1
	581	566	53	MTV	Mom & Dad	After	MTV News	From G's to Gents Sixteen G's arrive.			From G's to Gents (N)		MTV Live
	618	524	54	TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "The Immortals"		Ultimate Engineering		Ax Men "The Big Hit"		NCIS "The Immortals"		Re-Inventors
	129	773	60	CD	Biographies "Goldie Hawn"		Paradis perdus (HDTV)		Images-chocs		Criminels		Mayday
	261	394	61	V	Murder, She Wrote		Chambers	On the Buses	Quantum Leap		I Prophesy	Supernatural	Poltergeist
	602	567	62	W	Will & Grace	Friends	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	269	350	70	APTN	Wings-Canada	Great Towns	Wapos Bay	Rez Rides	Fish Out	Mixed Blessing	Caution: Nuts	Rabbit Fall	Moccasin Flats
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Living the Life	Off the Leash	The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		The F Word		Good Eats	Good Eats	Iron Chef Am.

critics' corner

Trinny and Susannah Undress
Your clothes are hurting your relationship. That's the premise of this makeover series featuring the ladies from the British version of "What Not to Wear." In each episode, Trinny Woodall and Susannah Constantine work with a couple, helping both partners confront their body image insecurities. 8 PM on 45 SLC

Scrubs
J.D. discovers that not even Elmo can teach the gift of compassion to those who do not care to learn in this episode guest starring several Muppets from "Sesame Street.". Elliot learns just how dysfunctional the new crop of interns really is. 9 PM on 20 ABC 15 CITY

Law & Order: Special Victims Unit
When a man is found beaten in a strip club parking lot with no memory of what happened, Detectives Benson and Stabler are at a loss for evidence. A fake fingernail embedded in the victim's skin leads them to believe the attacker is female. Things are rarely what they seem. 10 PM on 7 CTV 9 NBC 104 CTV

Is Heidi too heavy?
Proving once again how tough the fashion world is, a German designer has deemed Heidi Klum too fat, declaring she's "no runway model." "She is simply too heavy and has too big a bust," Wolfgang Joop told Bild magazine. METRO NEWS SERVICES

Celebrity Buzz

Jessica keeps ripping her pants onstage

FASHION Jessica Simpson has ripped her pants "every time" she's performed at Madison Square Garden, femalefirst.co.uk reports. The singer has now taken to wearing a "skort" to prevent the embarrassing problem happening again. Speaking ahead of a show in New York last week, Jessica said: "Every time I've performed at Madison Square Garden, my pants have completely ripped in half. "I decided to wear a little 'skort' — not a skirt, but some shorts just so they wouldn't split."

METRO NEWS SERVICES

Beyoncé isn't much fun when she drinks

SOCIALIZING Beyoncé says she doesn't usually drink a lot because she's a boring drunk. "When I'm drunk, I'm very quiet and I observe and I go to sleep," the singer said, according to China Daily. "I don't think I'm much fun." She went on to say that she's never felt peer pressure to pursue other substances. "I've never seen a person who was high and thought, 'Wow, I want to do that!' I'm like, 'That's cool for them, but no thank you. I'll just have my wine.'"

METRO NEWS SERVICES

Not just a bromance: Downey Jr.

ONSCREEN Robert Downey Jr. enjoyed his onscreen "bromance" with Jude Law in Sherlock Holmes, femalefirst.co.uk reports.

Downey — who plays the iconic detective in the movie — relished the chance to explore the complicated homoerotic relationship between Holmes and his sidekick Dr Watson, played by the Alfie star. He said: "I think the word bromance is so passe. We are two men who happen to be roommates who wrestle a lot and share a bed." Law was also fascinated by the two leading men in the film, which is based on the stories by Sir Arthur Conan Doyle. "I knew enough about Sherlock Holmes to know that there was a lot of unchartered material," Law told MTV.

"I knew Downey's casting was going to be something exciting, and therefore the project was going to be something exciting.

"And as soon as I met him, we got on very well — which is a good sign — and we both agreed that we wanted to really make this a piece about the relationship between Watson and Holmes."

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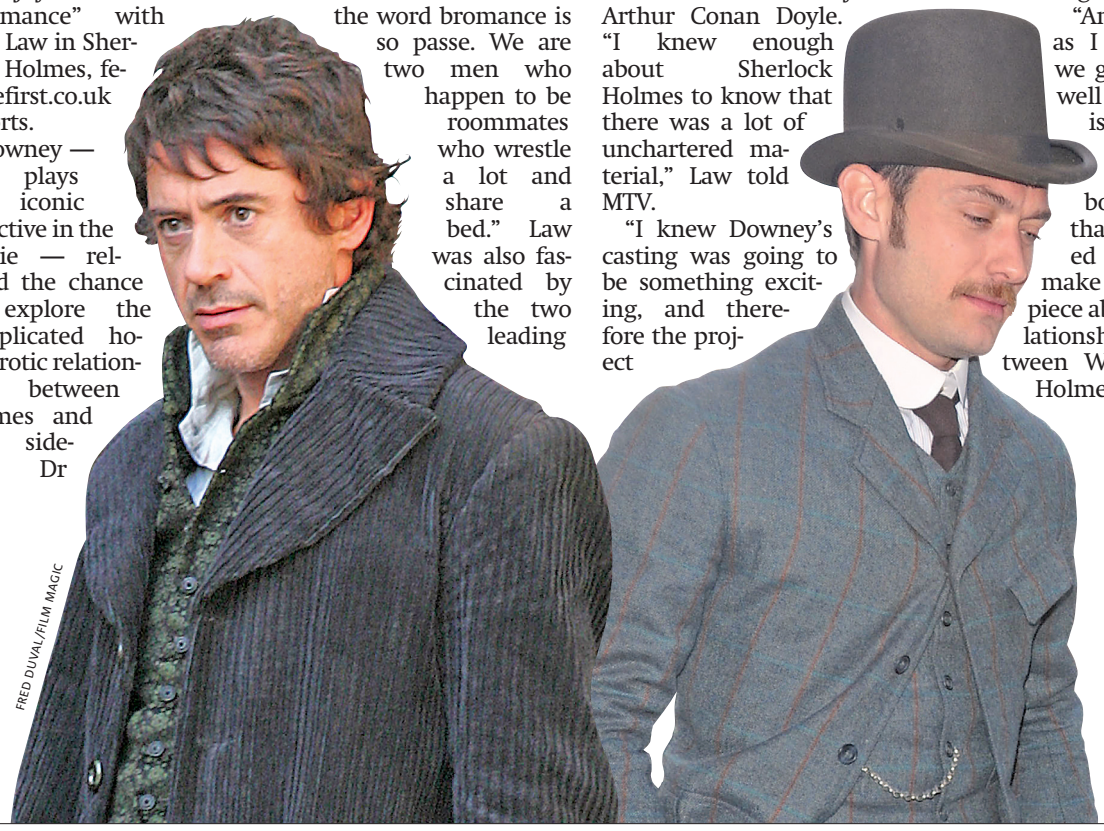

FRED DUVAL/FILM MAGIC

Katie's just got a great metabolism

IMAGE Katie Holmes claims her recent slimming down is just the result of a hectic schedule and her powerful metabolism. "My metabolism was in full gear the whole time," the actress, who just completed a run in All My Sons on Broadway, said, according to the Boston Globe.

"I lose weight fast when I'm working so hard. It doesn't matter how much I eat, I just get thin. It's not the worst problem in the world to have though, is it?"

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Miley's not allowed to move out

FAMILY Miley Cyrus' parents have banned her from moving out, femalefirst.co.uk reports.

The 16-year-old star reportedly believes she is mature enough to get her own place and live with her best friend Mandy Jiroux, but her dad Billy Ray Cyrus doesn't agree.

A source said: "Miley's parents feel, that if anything, she has already got more freedom than is good for her." However, the Hannah Montana star is determined to convince her parents to change their minds and isn't ready to give up on the idea of leaving home.

The source added to the National Enquirer magazine: "Miley knows that the next time she asks, it will come as less of a shock. She plans to wear her mom and dad down. She is itching for freedom and hopes to be under her own roof well before she turns 18."

METRO NEWS SERVICES

It would be 'difficult' to play in L.A. again, says Beckham

MOVING David Beckham says life would be "difficult" should he be forced to return to play in Los Angeles, people.com reports.

The 33-year-old soccer hunk — on loan from the LA Galaxy to Italy's AC Milan — has already made clear his desire to continue playing the European circuit. But on Sunday, Beckham confessed that a return to Los Angeles would be awkward.

"I've said I want to stay here, and if I do go back then it will be a bit difficult, but we'll have to wait and see what happens," he said.

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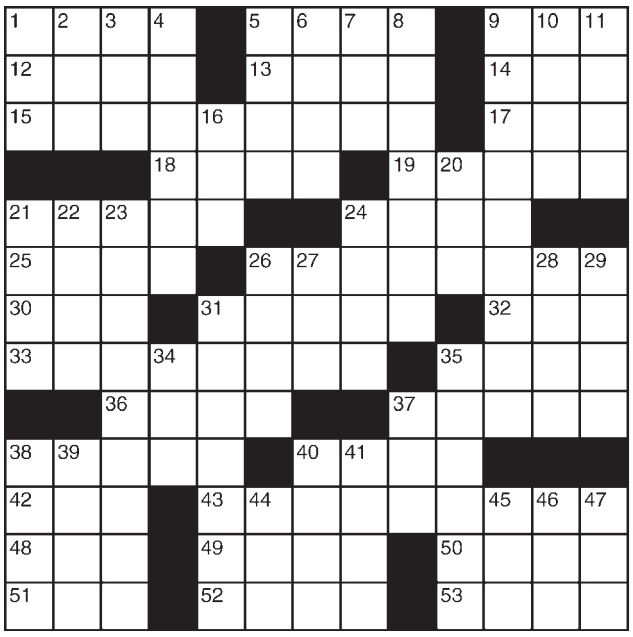
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7			6	1		
	3		1	4			8	
8		1	2			6		9
7				2		9	4	
	1		9		4		5	
	5	9		8				1
3		4			2	8		5
	6			9	5		7	
		5	4			3		

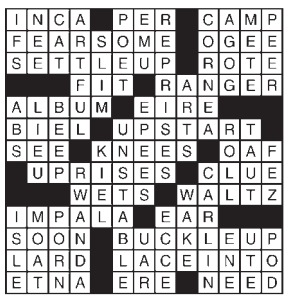
Crossword across

1 Fishing spear
5 Impale
9 Supreme Being
12 Hodgepodge
13 Met melody
14 Anger
15 April paperwork
17 "Do the Right Thing" director
18 Elbow counterpart
19 Private instructor
21 Fathered
24 Relaxation
25 Took care of weeds
26 PC peripheral
30 Lamb's dam
31 Anna of "Scary Movie"
32 Coll. transcript stat
33 Dadaism pioneer
35 Existed
36 Pub orders
37 Bygone
38 Greedy cry
40 Highly rated
42 Blackbird
43 Speak eloquently
48 Heavy weight
49 Neighborhood
50 Hemingway nickname
51 Hydrocarbon suffix
52 Scream
53 Location

Crossword down

1 Understood
2 Carte lead-in
3 Repair
4 Like a snake's tongue
5 Fill to excess
6 Verifiable
7 Atmosphere
8 Small chickens
9 Of the best quality
10 Sandwich treat
11 Antelope's playmate
16 Conclusion
20 GIs' entertainment org.
21 Son of Noah
22 Hawkeyes' home
23 Double-check
24 Egress
26 Bleacherites
27 MGM motto start
28 Foil's kin
29 "Death in Venice" author
31 Big road
34 Shade source
35 Censors, in a way
37 Yoko of music
38 Fence opening
39 A party to
40 Skating jump
41 October birthstone
44 100 square meters
45 Spigot
46 Nasdaq debut
47 Heathcliff, for one

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	3	5	1	8	9	6	4	7
7	4	8	5	6	3	9	2	1
9	1	6	2	4	7	8	5	3
5	6	7	9	1	4	2	3	8
1	2	9	7	3	8	4	6	5
3	8	4	6	2	5	1	7	9
8	7	2	4	5	1	3	9	6
6	9	3	8	7	2	5	1	4
4	5	1	3	9	6	7	8	2

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Turkey Cobb Salad Sandwiches

INGREDIENTS:
1/4 cup (50 ml) non-fat mayonnaise
1/4 cup (50 ml) blue cheese, crumbled
2 tbsp (25 ml) snipped fresh chives
4 slices lean bacon
1 small avocado
8 slices multigrain or sourdough bread, toasted
4 oz (125 g) watercress, tough stems trimmed
3/4 lb (375 g) fresh-roasted turkey breast slices
3 medium tomatoes, sliced
4 scallions, thinly sliced

METHOD:
1. Combine mayonnaise, blue cheese, and chives in small bowl.
2. Cook bacon in medium skillet over medium-high heat until crisp. Transfer to paper towels to drain, then tear into small pieces. Pit, peel, and thinly slice avocado.
3. Spread blue cheese mixture evenly on bread. Layer 4 slices with watercress, turkey, tomatoes, scallions, avocado, and bacon. Top with remaining bread, and cut sandwiches diagonally in half.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You're right to refuse to deal in a sordid situation. The truth is found in your financial documents. A trickster quickly does some damage control.

TAURUS
APRIL 21-MAY 21
Coming events are casting their shadows. A high-impact performance will take place at night. Sympathetic action defuses your bad mood.

GEMINI
MAY 22-JUNE 21
Be aloof when a friend is challenged in a dangerous dispute. You need to find peacefulness. Anxiety about adversity will just roll away.

CANCER
JUNE 22-JULY 22
A man has a noteworthy answer to an emotional investigator. Refuse to worry about a complainer. You'll regret ignoring the money coming in.

LEO
JULY 23-AUG 23
Move quickly when a relative needs your attention. An optimistic chat results from an encounter. A fearless man won't let flattery go to your head.

VIRGO
AUG 24-SEPT 22
A heavy-handed hustler is caught telling lies. Nobody knows what to do after a battle. You'll be a determined challenger when you take charge.

LIBRA
SEPT 23-OCT 23
A busybody fears telling you bad news. Count on an important person stepping in when people go wild. Try not to displease a pretentious simpleton.

SCORPIO
OCT 24-NOV 22
Be silent when someone is gossiping. A devoted friend won't reveal damaging information. There's a brilliant way to please an attractive person.

SAGITTARIUS
NOV 23-DEC 21
Laughter erupts when you're with friends. A self-centred friend won't understand you. Protest the stupid mistakes of the day at dinnertime.

CAPRICORN
DEC 22-JAN 20
The perfect solution to an uncertain situation torments someone. Noisy people fatigue you. Anxiety is due to psychosomatic wounds.

AQUARIUS
JAN 21-FEB 18
An outrageous friend knows the way to a better future. You'll feel tired of making decisions. A family member causes anxiety by not calling in.

PISCES
FEB 19-MARCH 20
Someone walks out in disgust after a crucial decision is made. A contract will have to be revised. A lover avoids making a terrible mistake.

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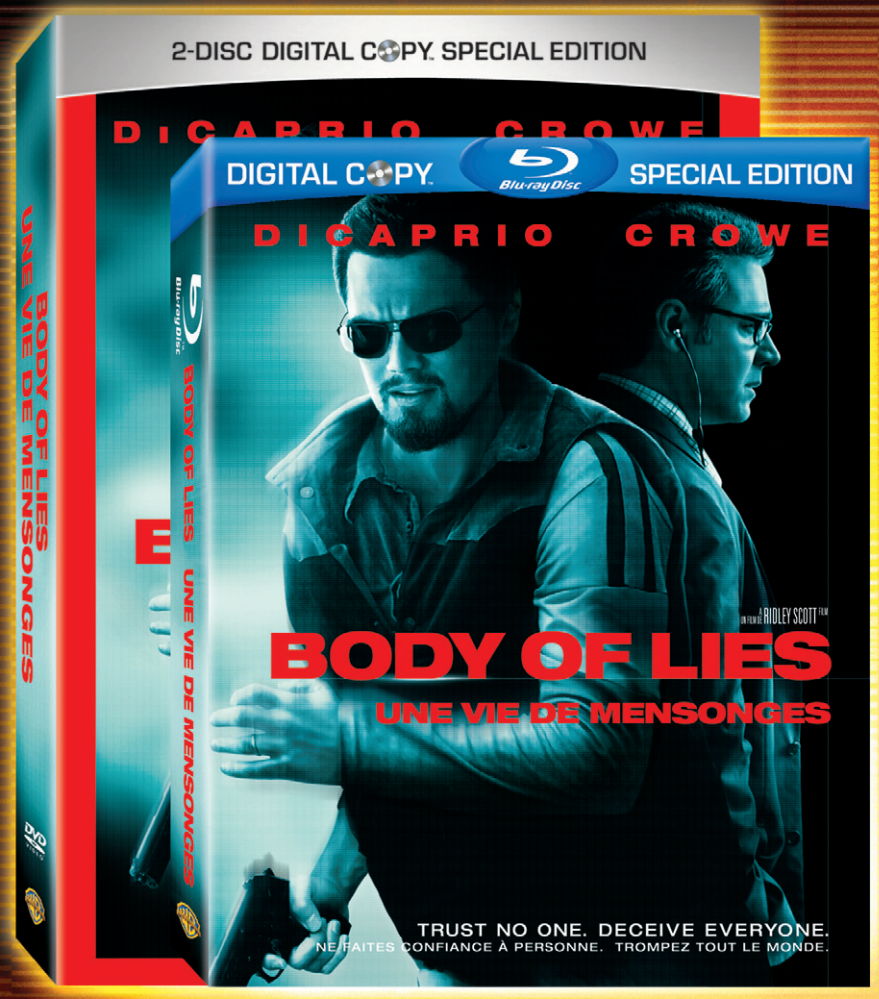

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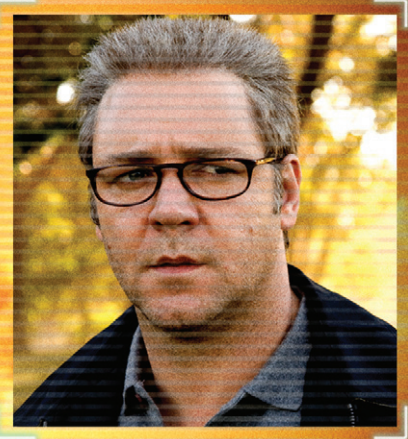

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